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- **1.** An apparatus comprising:
- a receiver for receiving a first frame via a shared-communications channel; and a processor for generating a second frame that comprises both a data payload and an acknowledgement of the receipt of said first frame.
- **2.** The apparatus of claim 1 wherein said processor is also for encrypting at least one bit of said second frame.
- **3.** The apparatus of claim 1 further comprising a transmitter for transmitting said second frame via said shared-communications channel.
- **4.** The apparatus of claim 3 wherein said receiver and said transmitter are IEEE 802.11 compliant.
- **5.** The apparatus of claim 1 further comprising a host interface for receiving said data payload from a host computer.
 - **6.** The apparatus of claim 1 wherein said second frame also comprises a poll.
- **7.** The apparatus of claim 1 wherein said first frame comprises an acknowledgement of the receipt of a third frame.
 - 8. An apparatus comprising:
 - (i) a first station for:
 - (a) transmitting a first frame comprising a first poll to a second station; and
 - (b) transmitting a second frame comprising a first acknowledgement and a second poll to said second station, wherein said second frame is available before a third frame is transmitted; and
 - (ii) said second station for:
 - (a) generating said third frame comprising a data payload and a second acknowledgement before said transmitting of said first frame; and
 - (b) transmitting said third frame to said first station wherein said third frame is available before said transmitting of said second frame.
- **9.** The apparatus of claim 8 further comprising encrypting at least one bit of said third frame before said transmitting of said first frame.
- **10.** The apparatus of claim 8 further comprising a host computer for generating said data payload.

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11. The apparatus of claim 8 wherein said first station is at least one of an access point, a point coordinator, and a hybrid coordinator.

12. A method comprising:

generating a first frame comprising a data payload and an acknowledgement; and receiving via a shared-communications channel a second frame after said generating;

wherein said acknowledgement is intended as a response to said second frame.

- **13.** The method of claim 12 further comprising encrypting at least one bit of said first frame before said receiving.
- **14.** The method of claim 12 further comprising transmitting via said shared-communications channel said first frame after said receiving.
- **15.** The method of claim 14 wherein said receiving and said transmitting are in accordance with an IEEE 802.11 protocol.
 - 16. The method of claim 12 wherein said first frame also comprises a poll.
- **17.** The method of claim 12 wherein said second frame comprises an acknowledgement.
 - **18.** A method comprising:

generating a first frame comprising a data payload and a first acknowledgement before said transmitting of a second frame;

transmitting a second frame comprising a first poll from a first station to a second station;

transmitting said first frame from said second station to said first station; and transmitting a third frame comprising a second acknowledgement and a second poll from said first station to said second station wherein said third frame is available before said transmitting of said first frame.

- **19.** The method of claim 18 further comprising encrypting at least one bit of said second frame before said transmitting of said second frame.
- **20.** The method of claim 18 wherein said transmitting is in accordance with an IEEE 802.11 protocol over a shared-communications channel.
- **21.** The method of claim 18 further comprising transferring said data payload from a host computer to said second station.

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22. The method of claim 18 wherein said second frame also comprises data.